



Rappahannock Westminster-Canterbury
132 Lancaster Drive
Irvington, VA 22480

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SEPTEMBER 2018



Gazebo Gazette

R A P P A H A N N O C K W E S T M I N S T E R - C A N T E R B U R Y

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SECOND GENERATION LUNCHEON SCHEDULED

There is going to be a luncheon get together of second generation RWC residents. You qualify if your mother and/or father were past residents. If you have not received a written notice of this event, please call Barbara Brautigam at 4311.

CALLAO ARTIST PAMELA BOWERS IS BACK AT RWC IN SEPTEMBER

Acrylic pouring and monoprints with mixed media will be on display

Back by popular demand, Callao resident Pamela Bowers will once again display her artwork at Rappahannock Westminster-Canterbury this fall. She has been a regular exhibitor at RWC over the years, and September 2018 marks her 14th year of teaching art classes here as well.

"It's a lot of fun," Bowers said of her repeat performance. "I enjoy the people there. I love the place."

For her show in September, Bowers will be exploring various techniques using mixed media.

"I'm still doing watercolor," she said. "That's something I'll always do. But I've also gotten into something called acrylic pouring and monoprints with mixed media."

A monoprint uses printing techniques to create a one-of-a-kind painting. The artist applies different colors on

a surface, then puts the printing surface on top.

"You can pull the print away from the paint surface and get an interesting effect, then you can pull it again, and get another effect," Bowers said. "The colors mix on their own. I really enjoy the immediacy of doing it this way."

Bowers will have about 30 pieces on display, mostly smaller artwork, but she will also have larger pieces – including some 16" x 20" works. There will be watercolors and acrylics; the majority of the art on display will be abstract.

"Abstracts are really fun for me," she said. "The end result of what you see is really up to the viewer. You might prefer the painting to be upside down. You can tell by my titles what I see in these abstract paintings."

Residents and community members are invited to view Bowers' art exhibition from 9 a.m. – 5 p.m. daily throughout September in RWC's Gallery Hall.

COMING IN OCTOBER

October 5—On the Road: Institute of Contemporary Art at VCU*

October 13—Activities Committee Oktoberfest Party*

October 17—Daniel Boling:Singer, Songwriter and Storyteller is back!!

October 22—Rupert Wates in Concert

The deadline to submit articles for the
October 2018 issue is
Tuesday, September 25, 2018 by noon.
Contact us: 804-438-4000

- KEY
- APT
- Apartment Lobby
- AR1
- Art Room #1
- AR2
- Art Room #2
- ATR
- Atrium
- AUD
- Auditorium
- BLR
- Boiler Room
- CGR
- Chesapeake Game Room
- COR
- Corrotoman Room
- CPL
- Chapel
- DRB
- Dining Room Breezeway
- FCR1, 2 or 3
- Fitness Classroom #
- FPL
- Front Parking Lot
- FRL
- Front Lobby
- GAL
- Gallery Hall
- HOB
- Hobby Room
- KCT
- King's Court
- LAN
- Lancaster Room
- LEC
- Life Enrichment Center
- LIB
- Library
- LVG
- Lakeview Grille
- MSP
- Main Street Pub
- OTR
- Outpatient Therapy Room
- RAP
- Rappahannock Room
- RCL
- Resident Clinic
- TGP
- Thomas Garden Patio
- WCN
- Westbury Center
- WCR
- Westbury Club Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>SEPTEMBER</h1> <h1>2018</h1>			<p style="text-align: center;">Detach the cover of <i>The Gazebo Gazette</i> and place it on the refrigerator or desk to view the activity schedule for the entire month. Activities are subject to change. Please watch RWC -TV on Channel 85 on a daily basis for the latest updates. An asterisk (*) means a RSVP or sign up is required. REMINDER: WE MUST HAVE A MINIMUM OF 6 PEOPLE SIGN UP FOR TRANSPORTATION FOR OFF CAMPUS TRIPS WITH THE EXCEPTION OF WEEKLY SHOPPING. <u>WEEK THREE IS DESIGNATED FOR WALMART SHOPPING ONLY.</u></p>			<p>10:30-HC-Wake-up & Workout 1</p> <p>2:00-HC-Movie Matinee</p> <p>5:00-MSP-Happy Hour</p>
<p>10:00-COR-Society of Friends Meeting 2</p> <p>10:30-HC-Wake-up and Workout</p> <p>4:00-WCR-Worship Service</p>	<p style="text-align: center;">LABOR DAY</p> <p>10:00-COR-Parkinson's Caregiver Support Group 3</p> <p>10:00-HC-Wake-up & Workout</p> <p>11:00am-(til 2pm) LVG-Labor Day Picnic. GRILLE WILL BE CLOSED FOR DINNER.</p> <p>2:30-WCR-Manicures</p> <p>3:30-WCR-Formal Tea Party</p> <p>4:00-CGR-Dart Sharks</p>	<p>10:00-HC-Wake-up & Workout 4</p> <p>10:00-AR1-Chat & Crafts</p> <p>10:30-COR-Bible Study</p> <p>11:00-AR1-Philosophy Video Lecture: Justice, Part 10*</p> <p>1:00-AR2-Art Class with Pam</p> <p>1:00-CGR-Catch Phrase Game</p> <p>1:30-FRL-Shopping & Errands*</p> <p>2:00-HC/ALC-Therapy Dogs Visit</p>	<p>10:00-HC-Wake-up & Workout 5</p> <p>10:00-AUD-Residents' Assoc. Board Meeting</p> <p>1:00-AUD-Documentary: I'll Push You</p> <p>7:00-CGR-Gentlemen's Poker Club</p>	<p>10:00-HC-Wake-up & Workout 6</p> <p>10:45-WCR-Java Time</p> <p>11:00-AR1-Philosophy Video Lecture: Justice, Part 11*</p> <p>1:00-LIB-Party Bridge</p> <p>1:00-AR2-Corn Hole Game*</p> <p>1:00-RAP-Duplicate Bridge</p> <p>4:00-CPL-Rosary</p> <p>4:00-WCR-Milkshakes</p>	<p>8:30-AUD-ROMEOs & OWLETs* 7</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:30-HC-Coffee & Conversation</p> <p>1:00-LIB-Party Bridge</p> <p>5:00-MSP-Happy Hour</p>	<p>10:30-HC-Wake-up & Workout 8</p> <p>10:30-CGR-Apple Seeds Computer Group</p> <p>2:00-HC-Movie Matinee</p> <p>5:00-MSP-Happy Hour</p>
<p>10:30-HC-Wake-up & Workout 9</p> <p>4:00-WCR-Worship Service/Holy Communion</p>	<p>10:00-HC-Wake-up & Workout 10</p> <p>10:00-BLR-Residents Health Care Committee Meeting</p> <p>11:00-AR2-Cotton Swab Painting Class*</p> <p>1:30-FRL-Shopping & Errands*</p> <p>2:30-COR-Coffee with Stuart</p> <p>2:30-WCR-Manicures</p> <p>4:00-CGR-Dart Sharks</p> <p>5:30-DRB Patio-Memory Support Groups End of Summer Hootenanny*</p>	<p>10:00-HC-Wake-up & Workout 11</p> <p>10:00-AR2-Chat & Crafts</p> <p>10:00-BLR-Amateur Radio Club</p> <p>10:30-COR-Bible Study</p> <p>10:45-WCR-Travel Log</p> <p>11:00-AR1-Philosophy Video Lecture: Justice, Part 12*</p> <p>1:00-AR2-Art Class with Pam</p> <p>1:00-CGR-Catch Phrase Game</p> <p>1:00-RAP-Duplicate Bridge</p> <p>2:00-HC/ALC-Therapy Dog Visits</p>	<p>10:00-HC-Wake-up & Workout 12</p> <p>1:00-AUD-Parkinson's Support Group</p> <p>1:00-AR2-Pictionary*</p> <p>1:30-CGR-Bunco Group</p> <p>7:00-CGR-Gentlemen's Poker Club</p>	<p>10:00-HC-Wake-up & Workout 13</p> <p>10:00-CGR-Great Courses*</p> <p>10:00-COR-Food Committee Mtg.</p> <p>10:45-WCR-Java Time</p> <p>11:00-TGP-Disc Golf*</p> <p>11:00-LAB-Labyrinth Walk</p> <p>11:00-MSP-Resident Choir</p> <p>1:00-LIB-Party Bridge</p> <p>1:00-RAP-Duplicate Bridge</p> <p>3:30-AR1-Beading Open Studio</p> <p>4:00-WCR-Milkshakes</p> <p>4:00-CPL-Rosary</p>	<p>10:00-HC-Wake-up & Workout 14</p> <p>10:30-HC-Coffee & Conversation</p> <p>1:00-LIB-Party Bridge</p> <p>5:00-MSP-Happy Hour</p>	<p>10:30-HC-Wake-up & Workout 15</p> <p>2:00-HC-Movie Matinee</p> <p>5:00-MSP-Happy Hour</p>
<p>10:30-HC-Wake-up & Workout 16</p> <p>10:00-MSP-Society of Friends Meeting</p> <p>4:00-WCR-Worship Service</p> <p style="text-align: center;">SUNDAY BRUNCH</p> <p style="text-align: center;">11:00am—2:00 pm</p> <p style="text-align: center;">Lakeview Grille</p> <p style="text-align: center;">GRILLE WILL BE CLOSED FOR DINNER.</p>	<p>10:00-HC-Wake-up & Workout 17</p> <p>10:00-AR2-Bottoms Up Pour Class*</p> <p>10:00-BLR-Grounds & Landscaping Committee Meeting</p> <p>1:30-FRL-Walmart Shopping*</p> <p>2:30-COR-Coffee with Stuart</p> <p>2:30-WCR-Manicures</p> <p>3:30-WCR-Formal Tea Party</p> <p>3:45-FRL-Tour of NN Boys & Girls Club*</p> <p>4:00-CGR-Dart Sharks</p> <p>4:00-WCR-Westbury Services Monthly Birthday Party</p>	<p>10:00-HC-Wake-up & Workout 18</p> <p>10:00-AR2-Chat & Crafts</p> <p>10:30-COR-Bible Study</p> <p>10:45-WCR-Travel Log</p> <p>11:00-AUD-Harvard Lecture: "What Happens When China Becomes Number One?"</p> <p>1:00-AR2-Art Class with Pam</p> <p>1:00-CGR-Catch Phrase Game</p> <p>2:00-HC/ALC-Therapy Dog Visits</p>	<p>10:00-HC-Wake-up & Workout 19</p> <p>10:00-AR2-Activities Committee Meeting</p> <p>10:30-AR1-Crafts for a Cause</p> <p>1:00-AR2-Indoor Volley Beach Ball Game*</p> <p>3:00-WCR-Bible Study</p> <p>7:00-CGR-Gentlemen's Poker Club</p>	<p>9:00-WCR-Men's Breakfast 20</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:00-CGR-Great Courses*</p> <p>10:45-WCR-Java Time</p> <p>1:00-LIB-Party Bridge</p> <p>2:00-WCDR-ALC Resident Council</p> <p>4:00-CPL-Rosary</p> <p>4:00-WCR-Milkshakes</p>	<p>10:00-HC-Wake-up & Workout 21</p> <p>10:30-HC-Coffee & Conversation</p> <p>1:00-LIB-Party Bridge</p> <p>5:00-AUD-Special Occasion Party</p> <p style="text-align: center;">NO HAPPY HOUR TONIGHT</p>	<p>10:30-HC-Wake-up & Workout 22</p> <p>2:00-HC-Movie Matinee</p> <p>3:45-WCR-We All Scream for Ice Cream Social</p> <p>5:00-MSP-Happy Hour</p> <p>7:00-AUD-Saturday Night Movie: Mission Control: The Unsung Heroes of Apollo</p>
<p>10:30-HC-Wake-up & Workout 23</p> <p>2:30-FRL-Lancaster Players*</p> <p>4:00-WCR-Worship Service</p>	<p>10:00-HC-Wake-up & Workout 24</p> <p>10:30-RAP-RWC Book Group</p> <p>1:30-FRL-Shopping & Errands*</p> <p>2:30-WCR-Manicures</p> <p>3:30-WCR-Formal Tea Party</p> <p>2:30-COR-Coffee with Stuart</p> <p>4:00-CGR-Dart Sharks</p>	<p>10:00-HC-Wake-up & Workout 25</p> <p>10:30-COR-Bible Study</p> <p>10:45-WCR-Travel Log</p> <p>1:00-AR2-Art Class with Pam</p> <p>1:00-CGR-Catch Phrase Game</p> <p>1:00-RAP-Duplicate Bridge</p> <p>2:00-HC/ALC-Therapy Dog Visits</p> <p style="text-align: center;">ARTICLES FOR GAZEBO GAZETTE ARE DUE BY NOON</p>	<p>10:00-HC-Wake-up & Workout 26</p> <p>10:30-FRL-Virginia Rep. Theatre (subsc. holders)</p> <p>1:00-AR1-Documentary: A Dog's Life</p> <p>7:00-CGR-Gentlemen's Poker Club</p>	<p>10:00-HC-Wake-up & Workout 27</p> <p>10:00-CGR-Great Courses*</p> <p>10:45-WCR-Java Time</p> <p>1:00-LIB-Party Bridge</p> <p>3:30-AR1-Beading Open Studio</p> <p>4:00-CPL-Rosary</p> <p>4:00-WCR-Milkshakes</p>	<p>9:00-FRL-On the Road: Virginia Museum of History and Culture* 28</p> <p>10:00-HC-Wake-up & Workout</p> <p>10:30-HC-Coffee & Conversation</p> <p>1:00-LIB-Party Bridge</p> <p>2:30-WCR-Afternoon Bingo</p> <p>5:00-MSP-Happy Hour</p>	<p>10:30-HC-Wake-up & Workout 29</p> <p>2:00-HC-Movie Matinee</p> <p>5:00-MSP-Happy Hour</p>

GREETING FROM THE PRESIDENT/ CEO

I am writing this September note during the "Great Internet Outage of August 27th." We so rarely lose internet that we are a bit spoiled. Actually, we are also more dependent upon it than we really think (until it goes away for several hours). So what to do with no television and no internet? Alexa won't talk to us; we can't email or browse/shop the internet; and we can't Google anything? End of the world as we know it right?

It is certainly inconvenient, but perhaps it reminds us that before the internet we had books and magazines to read, conversations to have with friends and others, stories to tell, and some sort of hand work to do that doesn't involve a keyboard or smart phone, and we made out just fine. This outage was brief, but maybe it gave us enough pause to resurrect some of our exiled means of communication and engagement that can still accompany our need for a constant stream of data and other technological interaction.

(Pause: here while I check to see if the internet is back) Just kidding, but you probably checked your phone too didn't you?

All technical issues aside, I hope you engage with and enjoy your many wonderful, interesting and exciting fellow residents and neighbors over conversation, some activity or interest, a game, or any other opportunity to interact that you may come upon. I am still amazed to learn things about the past experiences and accomplishments of our residents throughout education, careers, military service, and lives well lived. Maybe this brief internet interlude was just what we needed.

Have a wonderful September experiencing the wonderful residents of RWC and all the blessings of life each day.

Quash R. Bentley

N4RWC RWC AMATEUR RADIO CLUB

The RWC Amateur Radio Club (N4RWC) meets monthly on the **second Tuesday in the Boiler Room at 10AM**. All are welcome. You do not have to be a licensed amateur operator to participate – all that is needed is an interest in radio, technology, and a bit of fun and fellowship. Each meeting has a business element followed by time exploring a topic of interest or a piece of radio or test gear. 73

LABOR DAY PICNIC MENU

Monday, September 3—11:00 am to 2:00 pm

Lakeview Grille

Summer Gazpacho Soup
 Beet and Watermelon Salad
 Summer Sliced Tomatoes w/ House Mayo base Dressing
 Marinated Flank Steak w/ Avocado Chimichurri
 Shrimp Tacos
 Garlic Lime Chicken
 Beef Franks- All the toppings
 Fresh Corn on the Cob
 Grilled Squash Medley
 Baked Beans
 Three Cheese Scalloped Potatoes
 Very Berry Summer Pudding
 No-Bake Peach Tart
 Chili Jalapeno Corn Muffins

Grille will be closed for dinner.

Boxed meal can be ordered by calling ext.4516 by 3:00 pm on Sept. 3. Meals must be picked up in the Grille by 5:00 pm.

Culture Club: Music, Theatre and Speakers

ROMEOs & OWLETS*

Friday, September 7 — 8:30 am - Auditorium

Gwen Keane will be our speaker from NN Partners for Pets. Northern Neck Partners for Pets is a grassroots nonprofit dedicated to providing a safe haven and quality homes for unwanted cats and dogs. Our mission is to rescue, nurture, adopt, and educate.

Their goal is to build a private no-kill shelter in the Northern Neck and reduce the euthanasia rate from 30-40% to 10% or less.

NNPP wants to provide compassionate care and loving homes for the strays, the abandoned, the old, the infirm, the abused, and surrendered pets in the Northern Neck. **Please sign up at the Front Desk to attend.**

MEMORY SUPPORT GROUPS: CELEBRATE AN END OF SUMMER HOOTENANNY* (invitation only)

Monday, September 10—5:30 pm

Dining Breezeway Patio

This month the group will enjoy music, fun and food together. Please contact Amy Lewis at ext. 4024.

TOUR OF THE BOYS & GIRLS CLUB OF THE NORTHERN NECK*

Monday, September 17—3:45 pm

Front Lobby

BGCNN's mission is to enable all young people, especially those who need us the most, to reach their full potential as productive, caring and responsible citizens.

Their after school programs are in session and they have invited us to take a tour. **Please sign up at the Front Desk if you are interested.**

LANCASTER PLAYERS: THE GAME'S AFOOT

Sunday, September 23—2:30 pm—Front Lobby

'Twas a dark and stormy night before Christmas, 1936, when all through Gillette's Castle, murder was afoot.

Actor William Gillette, known world-wide for his portrayal of Sherlock Holmes, is entertaining his

fellow cast members for the holidays, when murder strikes. Gillette dons his deerstalker and investigates. Mysterious doings with the body, secret compartments, et al.

Tickets are \$25.00 each and will be charge to your account on Sept. 20. Please sign up at the Front Desk.

ON THE ROAD: VIRGINIA MUSEUM OF HISTORY & CULTURE*

Friday, September 28—9:00 am—Front Lobby

Start your journey through the Virginia Museum of History & Culture's exciting and award-winning exhibitions!

The museum's signature exhibition, [The Story of Virginia](#), features more than 500 artifacts and covers 16,000 years of Virginia history from prehistoric times to the present. Along with rotating temporary exhibitions, you will be able to see the other long-term exhibitions, including [Landscapes of Virginia](#), [The Memorial Military Murals by Charles Hoffbauer](#), and [Silver in Virginia](#) during your visit. Cost is \$10 each and will be charged to your account. We will have lunch after the tour. **Please sign up at the Front Desk to attend.**

ON STAGE: RICHMOND SYMPHONY POPS*

Sunday, September 30—2:45 pm

Front Lobby

Rock, Broadway, Jazz, cartoons, Cirque – experience the Richmond Symphony in new and unexpected ways. Always exciting and fun, you've asked for their return. A Symphony Pops concert will be an afternoon you'll never forget with the classical orchestra providing some entertaining and uplifting tunes. Curtain is at 3:30 pm. Tickets can be purchased online at www.rappahannockfoundation.org or by calling 438-5555. Please sign up at the Front Desk if you need transportation.

Spiritual Devotion: Dedicated, Faithful and Holy

- **Sunday Worship:** Sundays at 4 PM in the Westbury Clubroom. **All are welcome.**

- **Holy Communion:** observed as a part of Sunday worship the first Sunday of the month, with occasional exceptions. (Communion observed September 9th this month)

- **Praying the Rosary:** Thursdays at 4 PM in the chapel with the Legion of Mary.

- **Northern Neck Society of Friends:** First Sunday of each month at 10 AM for worship in the Corrotoman Room with discussion following from 11-12.

Additionally, a second meeting is now also being held on the third Sunday of the month in the Main Street Pub, with the same time and format as that of the first Sunday.

BIBLE STUDIES

- Tuesdays at 10:30 AM in the Corrotoman Room. All residents are welcome to this Bible study taught each month by a different local church leader invited by the group.

For September: Pastor Jeff Shanaberger of White Stone Baptist Church will be leading a study entitled "The Greatest of These Is Love" based on First Corinthians 13.

- Wednesday, September 19 at 3 PM in the Westbury Clubroom. Leader: Chaplain Greg.

All residents are welcome to join together for a 30 minute lesson.

THIS MONTH

Group Labyrinth Walk - September 13, 11:00 am, at the RWC Labyrinth. Please contact Chaplain Houck for more information.

Fall Camp - The Tri-Diocesan Council on Aging of the Episcopal Church has once again put together this opportunity for members of the three Virginia dioceses to participate in Fall Camp at Shrine Mont in Orkney Springs, VA, October 22-25, 2018. For more information contact organizers Tom or Susan Summerlin at tsummerlin11@verizon.net or call: Tom (757-667-9647) or Susan (757-831-9969).

LOOKING AHEAD:

Blessing of the Animals – October 4, 2:00PM. Meeting at the flagpole.

FROM THE CHAPLAIN

I think it is fairly well-known that I enjoy the game of golf. This in no way is to say that I am any good at it, which then is a testament to the fact that like so much of life, happiness need not directly depend on success! I have also, at times, been a bit of a golf philosopher. The following are a few thoughts I can relate to (authors unknown):

"Golf is a hard game to figure. One day you'll go out and slice it and shank it, hit into all the traps and miss every green. The next day you go out and for no reason at all your game is really lousy." Or:

"If you don't mind playing in the rain, the snow, even during a hurricane, here's a valuable tip – your life is in trouble." (I have personally, literally, played in all the above scenarios...) Or finally this:

"Golf: you hit down to make the ball go up. You swing left and the ball goes right. The lowest score wins, and on top of that winner buys the drinks!" It's all so seemingly "upside-down." And so it is with so much of life. Not always what we had expected or hoped for. Not always the preferred future of our dreams. And yet, I'm reminded of the following which I share with you by way of perspective and hopefully also encouragement:

*I asked God for strength that I might achieve;
I was made weak that I might learn to humbly obey.
I asked for health that I might do greater things;
I was given infirmity that I might do better things.
I asked for riches that I might be happy;
I was given poverty that I might be wise.
I asked for power that I might have the praise of men;*

I was given weakness that I might feel the need for God.

*I asked for all things that I might enjoy life;
I was given life that I might enjoy all things.
I got nothing that I asked for, but everything I hoped for.*

Almost despite myself, my unspoken prayers were answered.

I am indeed most richly blessed.

(The Prayer of an Unknown Confederate Soldier)

Creative Fun: Arts, Crafts and Games

PARTY BRIDGE

Do you enjoy playing party bridge? Currently looking for 4ths and subs for play on Tuesday, Thursday and/or Friday. Open play is held in the Library from 1 – 4 pm on those days. If you're interested, please call Judy Caples, ext. 4179.

CORNHOLE GAME*

**Thursday, September 6—1:00 pm
Art Room 2**

Cornhole or bean bag toss is a lawn game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the platform scores 1 point. ALC resident, Bill Yary scored 6 Cornholes in a row!! It's a lot of fun. The more the merrier. **Sign up at the Front Desk to play.**

COTTON SWAB PAINTING*

**Monday, September 10—11:00 am
Art Room 2**

The benefits of painting with Cotton Swabs are that ANYONE can do it. This is the easiest way to start out painting with acrylics. Cotton bud paintings are great for artists of all levels.

Painting tree's, flowers and even landscapes with these humble little Ear Cleaners may just change how you think about painting. This is one of the best ways to Learn how to paint with Acrylic ESPECIALLY if you have been feeling nervous about your first painting. Questions? Call Amy at ext. 4024. **Class is limited to 8 people. Please sign up at the Front Desk.**

PICTIONARY*

**Wednesday, September 12—1:00 pm
Art Room 2**

Pictionary is a charades-inspired guessing word game. The game is played with teams of players trying to identify specific words from their teammates. **Sign up at the Front Desk.**

BEADING OPEN STUDIO*

**Thursday, September 13 and 27
3:30 pm—Art Room 1**

Join Susan Carter-Hughes to learn how to bead or help you with your beading projects. **Sign up at the Front Desk.**

BOTTOMS UP POUR CLASS*

**Monday, September 17—10:00 am
Art Room 1**

September's Acrylic Pouring Challenge is to do a dirty pour over the cut off end of a plastic bottle (bottle bottom pour). There's no silicone added to any of the paints for this fluid painting. It's fun and easy. Questions? Call Amy at ext. 4024. **Class size is limited to 8. Please sign up at the Front Desk.**

CRAFTS FOR A CAUSE

**Wednesday, September 19, 10:30 am
Art Room 1**

Thank you for coming and greeting the kittens, they were so cute, Please join us making the soft spots for them.

INDOOR VOLLEY BEACH BALL GAME*

**Wednesday, September 19—1:00 pm
Art Room 2**

Sign up for a challenging game of volley beach ball! All players must sit in their seats to play. It's great exercise and it is fun to play. First team to 21 wins!! **Sign up at the Front Desk.**

Neighborhood Knowing: Care, Committees & Commentary

BUTTERFLIES AND NATIVE PLANTS

I last wrote of keeping our outside plants well-watered during a dry spell. Little did I know that we would be deluged with rain many times more than normal. This rainwater will percolate into the soil so that our fall plantings will be successful.

“Wonder of Wonder: Miracle of Miracles” [my tribute to Fiddler on the Roof]: Native butterflies have made a welcome comeback to our campus. Marge Alderson’s butterfly weed (an ornamental milkweed that I wrote about in the June GG) served as a food source for the seldom seen Monarch Butterfly. One lone survivor found her milkweed plant and deposited eggs on the leaves. Monarch butterflies are noted for spending their summers in North America and their winters in Mexico. Indiscriminate use of pesticides and herbicides and general eradication of milkweed plants have been blamed for the decline of the species. Happily, Marge and other milkweed “patches” are allowing the monarch caterpillars to grow, pupate, and thrive to multiply another generation of these magnificent creatures. In addition to the monarch and milkweed combination, the black swallowtail butterfly lays its eggs almost exclusively on parsley. The butterfly doesn’t discriminate between the curly or Italian flat parsley, it will lay eggs on the leaves. The tiny larvae will consume the parsley until it reaches over one inch long, will pupate away from the plant and later emerge as a beautiful full butterfly. How the adult finds a pot of parsley amongst my other potted plants is a mystery that I cannot explain. Remember, it is the native milkweed plant that exclusively hosts the beautiful “Miracle of Miracle” monarch butterfly.

Fall is the best time of year for planting perennial plants. The NN Chapter of the Virginia Native Plant Society is holding its annual sale at Wicomico Church at 9:00 am on September 8th. Come and look around! I have free Native Plant brochures for the asking at tndmunns@va.metrocast.net.

GOOD TO KNOW

When you are moving into RWC or moving to a different home within RWC (or your loved one is), don’t forget to submit a change of address to the Front Desk or your local post office. The initial change of address card serves two purposes: It updates your address so your mail can reach you, and it allows you time to inform everyone of your change of address.

However, the change of address card does not take care of notifying everyone of your address change and it expires after one year. To avoid missing your important business mail and family communications, please make sure you (or a designee) takes the time to call, email, or write to each creditor, depositor, and other important persons of any address change in a timely manner. For more information or for assistance with changes of address, you may call Kay Klein, Community Concierge, at ext. 4800.

CULINARY CORNER

If you want to put in a special order for dinner, please call the Hostess Line at #4516; however, because of staff availability during the dinner hour between 5:00 PM and 6:00 PM, you must call #4017 (the kitchen) to place your order.

Don’t forget that the following items are always available: grilled fish, grilled chicken, grilled chopped steak, chicken salad, tuna salad, and egg salad. Also you can ask for ham or turkey to add to a salad you make at the salad bar.

Did you know that many of our fresh vegetables come from Garner’s Produce which is located near Montross?

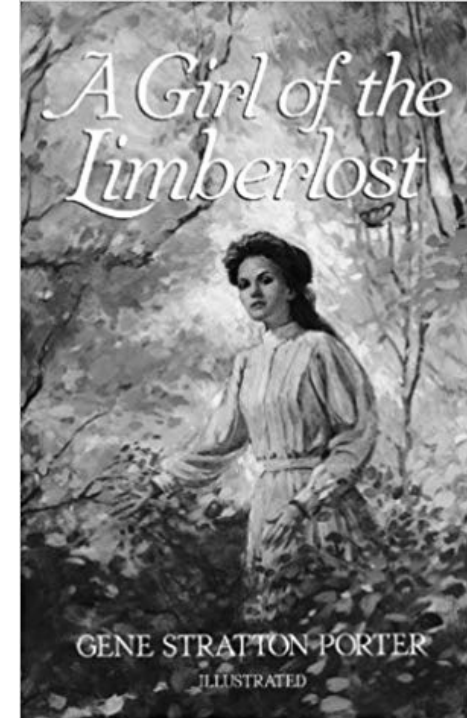
The new Fall Menu will begin September 23rd. Genita Maiden-Shearin CDM/CFPP is the director of Culinary Services and can be reached at 4091 or gmaiden@rw-c.org

Edna Roberts, Food Committee Chairman

GARDEN PLOT

Maxine Luxton has announced that one plot has become available. If you are interested in having a garden next year, please call Maxine at ext. 4200.

Hooked on Books: Explore, Discover and Learn



THE RWC LIBRARY

A Girl of the Limberlost by Gene Stratton-Porter, published in 1910, is the RWC Book Group’s September selection – we’ll meet Monday, September 24 at 10:30 a.m., in the Rappahannock Room. This century-old book is something of a parallel to our July book, *Still Water Bending*. Both have lovely descriptions of nature (in this book, it is the trees, birds and moths of the Limberlost swamp in Indiana), a sense of the local economy, a difficult parent – and romance!

The local Virginia setting of *Still Water Bending* (Ophelia, in Northumberland County) piques interest in other books set locally. Consider three taking place in Kilmarnock – note our bulletin board: *Echoes in Ferryland*, a Virginia Memoir by Nancy Hubbard Clark who grew up in Kilmarnock in the 1940s and remembers jitterbugging at White Stone Beach.

When Dabba Was Young, by Catherine Blake Hathaway whose family managed Kilmarnock’s Eubank Hotel from 1917 to 1934, and who danced the Charleston at White Stone Beach.

Fight On, My Soul by James E. C. Norris, a biography of his father, Dr. Morgan E. Norris, Kilmarnock physician from 1918 to 1964, subtitled “A Virginia man’s fight against poverty, disease, and discrimination.” In the

1940s African Americans danced on Saturday nights at the Conquest Dance Hall and Restaurant near the Norris home on Route 3.

The Virginia section has a history of the college of UVA, VMI, Sweet Briar and William & Mary.

Recent acquisitions for Serious Readers:

Look Homeward Angel by Thomas Wolfe.

I Was Told to Come Alone: My Journey Behind the Lines of Jihad, in Muslim Culture.

Dopesick by Beth Macy, a 2018 book about the opioid epidemic in Southwestern Virginia, subtitled *Dealers, Doctors, and the Drug Company That Addicted America*.

And for the Not-So-Serious Readers, we have two locally-set novels by Ann Eichenmuller – *Kind Lies* and *The Lies We Are*. It’s enough to know that the main character lives on her sailboat moored at an Irvington marina, that some sites are real (Norris Bridge) and some are fictional (Wellfords Courthouse), and that the little books are a quick read.

A shopping bag full of paperbacks for troops was left on our doorstep. Since the collection box had enough to sent two boxes overseas, Madame Librarian decided to give RW-C Residents a chance to read the Robert Ludlum and W. E. B. Griffith books before sending them on to the troops. We’ve since gotten a “Books Received!” note for one of the boxes that we’d sent, thanking us for “providing the armed forces with great books to help pass the time and keep our minds sharp!”

Yeah for some recently donated Large Print books, thanks to Cornelia Huger, Ruth Gleason and Peter Bennett – now labeled, “A New to RW-C Large Print.”

The flip side of getting wonderful new books is our bookshelf space limitation. The Library Fairies worked overtime to free up space in Fiction, Memoir and Large Print Mystery by moving paperbacks to the Paperbacks shelves AND by discarding books that people aren’t reading. We take some of our Discards to the Lancaster Community Library Used Books “Attic” and others to Disabled American Veterans in Gloucester.

Lois Williams – RW-C Residents Association Library Chair

Fit Bits: Manufacturing Muscle

LABOR DAY FITNESS SCHEDULE

8:00-9:00—POOL-Supervised Swim
 9:00-9:50—FC1&2-Strength & Balance C
 10:00-10:50—FC1-Strength, Balance & Core D
 10:00-11:00—FC2&3-Fit to Move
 11:05-11:35—WCR-Strength & Balance A-CANCELED
 11:30-12:15—FIT-Supervised Exercise*
 1:30-2:15—FC2&3-Strength & Balance B-CANCELED
 2:00-2:45—POOL-Supervised Swim*-CANCELED
 3:00-600-POOL CLOSED FOR CLEANING
 2:30-3:15—FIT-Supervised Exercise*-CANCELED

FITNESS CENTER FOR BEGINNERS

Tuesday and Thursday

9:00 - 9:30 am / 2:30 - 3:00 pm

This is an introduction on how to use the equipment in the Fitness Center. We will set you up on equipment that will best suit your needs. This class is great for new residents, new community members and participants of our program who need a refresher. If you are new to the Living Well with RWC program you will need to follow these steps:

- Fill out a health history form
- Sign a waiver form
- Have a doctor fill out an RWC medical clearance form
- Complete a fitness assessment

For paperwork and more information, or to sign up, call Jonathan at 438-4290 or William/Alex at 438-4852

SUPERVISED EXERCISE

Monday, Wednesday and Friday

11:30 am - 12:15 pm / 2:30 - 3:15 pm

This program is for individuals who may have cardiovascular disease, who have completed cardiac rehab and/or have been released by their doctor to continue exercising. We will monitor your blood pressure, heart rate, oxygen levels and rate of perceived exertion. These measurements will be taken before, during and after exercise. We will need to update your health history, waiver form and medical release before you participate.

For more information or to sign up call Jonathan at 438-4290.

PARKINSON'S SUPPORT GROUP

Wednesday, September 12—1:00pm—Auditorium

The Parkinson's Support Group will have Miriam Hirsch, MS, BSN, RN, CCRC, Deep Brain Stimulation (DBS) Clinic Coordinator at Parkinson's Disease Research Education and Clinical Center (PADRECC) at McGuire Veteran's Affairs Medical Center in Richmond, VA, will be our guest speaker.

DISC GOLF*

Thursday, September 13—11:00

Thomas Garden Patio

Disc golf is played just like golf but with a disc. Come on out and have some fun. **Please sign up at the Front Desk.**

SUFFER FROM ANXIETY, DEPRESSION? PRACTICING MINDFULNESS MAY HELP.

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. While mindfulness is something we all naturally possess, it's more readily available to us when we practice on a daily basis.

Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful. And there's growing research showing that when you train your brain to be mindful, you're actually remodeling the physical structure of your brain.

Mindfulness is proven to improve well-being, physical health, and mental health.

An 8 week class will be offered starting in October depending on interest. Please call Amy Lewis at 4024 if you are interested.

Flick Picks: Video Lectures, Documentaries and Movies

JUSTICE: WHAT'S THE RIGHT THING TO DO?*

Every Tuesday and Thursday—11:00am
Auditorium

Continues September 4 through September 11

Justice, one of the most famous courses taught at Harvard College, is an introduction to moral and political philosophy, offering an opportunity to discuss contemporary dilemmas and controversies.

Taught by lauded Harvard professor Michael Sandel, Justice explores critical analysis of classical and contemporary theories of justice.

- Episode 10: "THE GOOD CITIZEN"
- Episode 11: "THE CLAIMS OF COMMUNITY"
- Episode 12: "DEBATING SAME-SEX MARRIAGE"

DOCUMENTARY: I'LL PUSH YOU

Wednesday, September 5—1:00 pm
Auditorium

I'll Push You is an up-close and personal look into the dynamics of a life-long friendship between two best friends—Justin Sheesuck and Patrick Gray—as they travel across the El Camino de Santiago. This feature-length documentary covers the struggle of the 35-day, 500-mile wheelchair journey across mountains, deserts, hills and valleys and features perspectives from family and friends. The story's beautiful cinematography is set to poignant music tracks which perfectly underscores the inspiring example of love, vulnerability and community. (2014) 1 hr., 38 min.

HARVARD LECTURE: "WHAT HAPPENS WHEN CHINA BECOMES NUMBER ONE?">*

Tuesday, September 18—11:00 am—Auditorium

Kishore Mahbubani, Dean and Professor in the Practice of Public Policy at the National University of Singapore, discusses the history of China's rise, and how the United States' current behavior will influence the future actions of China. The Forum is moderated by Dean David Ellwood. (2015) 1 hr., 13 min.

GREAT COURSES*

"HISTORY'S GREATEST VOYAGES OF EXPLORATION"

Thursdays, September 13– November 29

10:00 am - 11:30 am

Chesapeake Game Room

24 Lectures in a Twelve (12) weeks course.

In *History's Greatest Voyages of Exploration*, you delve into the awe-inspiring, vast, and surprisingly interconnected tale of world exploration. Taught by Vejas Gabriel Liulevicius, an award-winning history professor at the University of Tennessee, Knoxville, these 24 lectures shine a spotlight on some of the greatest and most influential explorers the world has ever known—successful as well as unsuccessful, admirable as well as flawed. You'll be spellbound as you witness the treacherous, at times fatal, expeditions into the unknown these adventurers embarked upon, whether to the frozen Poles, Asia, Europe, the Americas, Africa, the ocean's depths, or the final frontier of space. **Space limited, please sign up at the Front Desk.**

SATURDAY NIGHT MOVIE

Saturday, September 22—7:00 pm - Auditorium

Featuring: *Mission Control, The Unsung Heroes of Apollo*

Some of the most lasting images from the "Apollo" era are of NASA's Mission Control team guiding the astronauts and their vessels to the moon and back. This historical documentary charts the stories and profiles of the people behind the images. Rated NR, (2017) 1 hr., 39 min.

NOTE: Movie may be changed without prior notice.

DOCUMENTARY: A DOG'S LIFE

Wednesday, September 26—1:00 pm—Art Room 1

For anyone who's ever wondered what the world looks like to their pet, this documentary explores how dogs perceive, understand and experience reality.